NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

Niagara News

VOL. 24 NO. 10 FREE Friday, Feb. 4, 1994

INFORMING NIAGARA COLLEGE

Assignments piling up? Learn how to manage your time.

See page 12

Final segment on women in Lillehammer.

See page 13

SAC fills positions left vacant by dismissals

By GREG FURMINGER
Staff Writer

Four members were appointed to Student Administrative council Jan. 28 during an 11-minute meeting of SAC's board of directors.

SAC was dealt a blow Jan. 25 when four members were dismissed from council because of their academic status. Cris Margeson, Leanne Newton and Jeremy Lowe were ejected because they failed to maintain an academic average of 65 per cent. Matthew Lococo's co-op term made him ineligible to remain on SAC.

Newly-appointed president Frank Keltos and executive vice-president Trevor Obee presented a list of recommended appointees to the board of directors in an effort to fill vacated positions with the most suitable candidates in as little time as possible.

"I think you've put it together very well," director of financial services Gary LaRose told the board. "You've done a good job."

The candidates were approved unanimously.

Nancy Grimminck takes Obee's former position as vice-president internal. She held the same position on last year's SAC. Grimminck is a third-year Business/Human Resources program student who has confidence in SAC's new personnel.

"We have a lot of good hard workers on council for this term," she said.

Scott Currie is new vice-president athletics — previously held by Keltos. Currie lost the vice-president internal byelection in December by one vote to Obee. The computer programming student plays guard on the men's basketball team and was a winning member of Niagara College's Ontario championship touch football team.

Currie said he was surprised SAC considered him to fill the position.

"It was one of the positions I had wanted from the start of the year," he said. "It's right up my alley." Right now (SAC is) getting my hands wet with WinterCourse.

First-year Law and Security Administration program student Bernie Kurek — who also ran in the vice-president internal byelection — replaces Lowe as vice-president social. Kurek, who frequently organizes pool tournaments in the student centre, had to resign from After Hours because working there conflicts with the SAC constitution.

"I hope I learn quickly," he said, adding that organizing the year-end bash should start immediately.

Kurek said that SAC should be running better now that the politics are out of the way.

"(SAC) isn't about politics; it's about students," he said. "The air needed to be cleared."

Jeff Poulin moves from student representative to vice-president external — formerly held by Newton — and Kerrie Cooper remains as student representative. Obee said council felt it should appoint one rep to vice-president status. Keltos cited Cooper's busy schedule as a determining factor to promote Poulin.

Two seats remain open on SAC. Obee said program representatives will elect the two remaining student representatives next Tuesday and Thursday. Keltos indicated he wanted the vacancies filled before WinterCourse activities commence Feb. 14.

Ousted SAC member apologizes

By GREG FURMINGER
Staff Writer

Heavy accusations were made by former Student Administrative Council president Cris Margeson following his removal from SAC Jan. 25.

Margeson said "in his opinion" Kristen Sorensen had been involved in the ousting of SAC members to get revenge on those who aided in dismissing her from SAC last term.

"Why would I take the time and effort out of my life. He's taking pot-shots," said Sorensen.

In a written statement to Niagara News, Margeson said, "I would like to formally apologize to Kristen Sorensen, former SAC president, for remarks I made in last week's paper that were made in haste and in poor judgment."

Margeson and former vice-president external Leanne Newton also accused SAC liaison Lou DiMattio of failing to perform her duties as outlined in the SAC constitution. DiMattio is responsible for notifying SAC members of their academic status.

DiMattio said she has no access to student marks until they are submitted by teaching staff, and until then has no indication of status.

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Proposed changes cost $9.2 million

By STEPHEN KRICK
Staff Writer

Niagara College is in the process of face-lifting its Welland campus as money becomes available.

The proposed changes, as stated in the college's $30 million Master Plan, of which $9.2 million will be spent on Welland campus, includes the demolition of the Early Childhood Centre, the Mackenzie and Black Walnut buildings, and the renovation of the main complex.

The Welland campus is constructed on 100 acres of land. However, also proposed is the selling of 34 acres for residential use on either the north or west side of the Welland campus. The revenue will be used for future construction.

The Master Plan proposes the construction of several new buildings to replace the old prefabricated buildings that were originally built as temporary facilities.

A new Resource Centre, which will house the library and Broadcasting Radio and Television labs, is proposed to be constructed on the south side of the Voyageur and Lundy wings, facing Woodlawn Avenue, and will be connected to the main complex.

Construction of a new day-care centre should begin in June and be completed by January 1995, says Hans van der Slagt, the college's vice-president administration.

The centre will be built on the south west side of the Welland cam-

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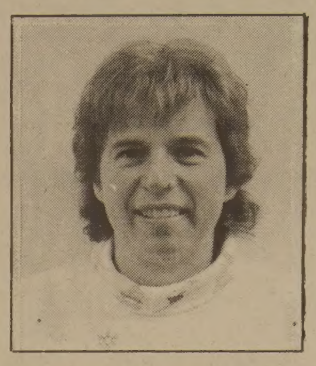
How sweet it is!

Niagara College President John Saso and first-year January start Nursing student Tammy-Lynn Smith hold the cake given to her for being the 5,000th student to enroll at Niagara College. Smith also received a $50 gift certificate from the campus bookstore.

Photo by Chris Russo

Kiss the Flame



by Heather D. Hodgson
Law and Security
Administration Program
Special to Niagara News

Drug/Alcohol awareness initiatives are not confined to Canada and the United States. Substance abuse is a global issue. In 1990, I had the privilege of attending and presenting a research paper at the International Congress on Alcohol and Addictions in Berlin, Germany.

More than 700 delegates represented the medical field, psychiatry, psychology, educators, politicians, community and youth action groups, aboriginals and to a lesser degree, police.

Canada had a large youth contingent. Each delegate canvassed service clubs and other organizations to raise the airfare, accommodation, food and registration funds. Teens from across Canada shared views, strategies, triumphs and defeats with colleagues from around the world. They made formal presentations to their peers. One presentation was given during the plenary session. Their fresh approach to issues and their high energy level had a positive impact on the overall conference. It was the first year that a youth section had been added to the 35 year history of the annual conference. With each coming year the traditional delegates look forward to the innovations brought forward by the youth section.

My presentation on the "Role of Police in Drug Education in Ontario" was met with curiosity and great enthusiasm. It was the first police presentation made as a plenary speaker in the history of the Congress. The paper discussed the history of police drug education and provided an overview of strategies, issues and future initiatives. My main sponsor, the Ontario Association of Chiefs of Police, and my employer, Peel Regional Police, approved the use of my uniform for the presentation. I shared the plenary session with the Minister of Germany, the World Health Organization, psychiatrists and medical doctors. All presentations were simultaneously translated into several languages. Questions and answers were also translated.

The main comment from delegates was echoed in many forms: "How can you teach police to be nice to people?" A gentleman from Africa and a lady from Germany pursued this after the session. Each found it inconceivable that police officers would soften their image and, on human terms, actually speak to children and young adults in schools and the community. The lady from Germany, a psychiatrist, had escaped through gun fire, over "the wall" when she was five years old. The sight of a uniform had terrified her throughout her life. She summed up the impact of my presentation by saying, "I've finally come to realize that it isn't the uniform, it's the person in the uniform that makes the difference."

Too often we criticize the role that police carry out in our communities. In addition to enforcing the laws, our officers and police organizations in general, actually allocate time, effort and funds to preventing crimes and educating children and other community members on crime prevention, personal and traffic safety, and substance abuse.

Recent studies show an increase in drug and alcohol abuse in teens in the United States. Impaired driving statistics are once again climbing. Until we all realize that each of us has a role in these issues, solutions will not be found. It's easy to point a finger at police or educators and blame the reallocation of funds for the increase in substance abuse. But, think about it, each of us is a role model whether we want to be or not. What kind of messages are we giving our youths, our peers, our family members?

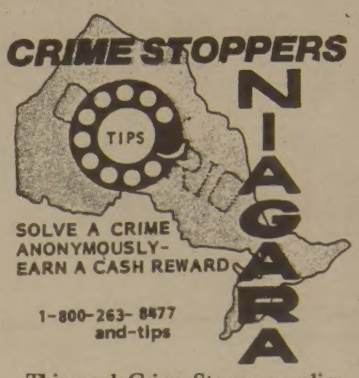
Do we relax with a beer, a glass of wine, or a cigarette after a trying day? Do we seek out a quick cure for a headache or slurp caffeine to allow us to "keep up the pace," instead of listening to the real message our bodies are trying to send us?

Actions speak louder than words. But words are necessary too. Through talking and listening, children can better understand and cope with difficulties.

Be the best you can be. But don't be afraid to discuss and accept your weaknesses. Your peers, children, and family members already have.

Substance abuse solutions are not confined to "the experts" we all share the responsibility. "If we are not part of the solution, we are part of the problem."

Fire set in Fort Erie



This week Crime Stoppers, police and fire investigators are looking for information to help solve a recent Crystal Beach arson.

Shortly after 1 a.m. Wednesday, Dec. 22, 1993, Fort Erie firefighters responded to a structure fire at 3960 Erie Rd. An alert neighbor had called officials after he smelled smoke in the area.

On arrival, firefighters found a blaze on the second floor of the two-storey, six-unit apartment building. Fortunately, no one was injured during the incident. Damage is estimated at over $100,000. Investigators have confirmed that the fire was deliberately set.

Arson is a very serious crime. Millions of dollars in damage is caused each year and lives are lost as a result of these type of occurrences.

If you have information regarding this arson, or any other crime, call Crime Stoppers at 1-800-263-8477, that's 1-800-AND-TIPS to be eligible for a cash award up to $1,000. In all cases, you will not have to reveal your identity.

The Niagara Regional Police in co-operation with Crime Stoppers Niagara Inc. writes this column to help combat crime. A citizen board administers the local program. Reward money is raised through tax-deductible donations and cheques may be sent to Crime Stoppers of Niagara Inc., P.O. Box 1086, St. Catharines, Ont. L2R 7A3.

Sure beats walking

Ruth Haines, 22, a first-year Vocational College student, exercises by riding one of the bikes in the gym at the Mackenzie building. **Photo by Tina Young**

Job expert packs the house at Brock University

By ANGELA KOTLARZ
Staff Writer

Jim Harris can be considered an expert in the field of job search.

Harris, who is co-author of *The 100 Best Companies to Work for in Canada* and writer for *The Financial Post*, spoke to a packed-house Tuesday, Jan. 25 at Brock University.

Harris said the purpose of his presentation wasn't to name which companies are best to work for and which aren't.

"I want to give you some principles to work with that will ultimately help you in your job search," he said.

A new economy is emerging, he said, where "mental input, innovation, ideas, ingenuity and drive" are valued.

"In the new economy," said Harris, "companies value the ideas of employees and the employees are the assets."

The old economy values materials and both are part of a "fundamental paradigm shift in the way businesses work," he said.

"Hard work and mental attitudes are crucial when working for any business," said Harris, "but the paradigm level or the way you view the world is more vital."

In his book, Harris said he looked at companies from the employer's perspective and said knowledge isn't enough when applying for any job. "Practical experience, whether it's job experience or working for a school paper or in your school government is what employees are looking for."

The fields of computers, health and medical, communications and telecommunications and instrumentation are all "booming areas" in the new economy, said Harris.

"If you tie into one of these areas, though, there's no guarantee you'll have a job for life but you will have a better chance these companies will expand," he said.

When looking at any company to work for Harris said, "Look at it as a marriage - You want to know as much as you can about the person you're going to marry and the same goes when applying to a company."

With upwards mobility in a company not being an option, lateral moves are the way to get around this, said Harris.

'If you don't have a job create one.' Jim Harris

Companies who work to reinvest their products and invest in "knowledge and innovation" are the new economy companies and said Harris, "These are the companies who will prosper."

The generation of baby-boomers has an affect on organizations today and "promotions aren't possible these days," said Harris.

We have an image of what success is, "moving up the ladder with promotions and rising rapidly through the ranks," he said and we get this idea of promotion from the prior generation.

Many employees move to different positions within the same company and this is a benefit to both the company and the employee, he said. "The company benefits because decisions are more balanced and the employee benefits because they now have four sets of employable skills."

"Today there is no job security anywhere, so the security you have to generate is through yourself," said Harris.

Entrepreneurial and small businesses account for 90 per cent of the job creation in Ontario he said. "Don't be reliant on companies and if you don't have a job create one yourself."

The best companies to work for, said Harris, have a high degree of respect for their employees.

"These are the companies who say 'the most important people are our front line people' because those are the ones who make the customers happy," he said.

Harris said he sees senior executives who are looking for a job, "So don't feel anything is beneath you and don't allow your pride to get in the way when looking for a job."

Learning should be a daily exercise, he said. "Never stop learning because this is a way to reinvest in yourself and always invest in your skill sets because these skills can be your security."

College's Fashion Boutique caters to everyone's taste

By DANIELLE MEVILLE
Staff Writer

Entrepreneurial skills with fashion curriculum, give students the edge in retail management after graduation.

The Fashion Boutique, located in the Tecumseh wing of the Welland campus, is operated by more than 20 second-year fashion merchandising students.

Carole Timm, program faculty, has been involved with the boutique for seven years, with the exception of last year when a part-time marketing teacher took over. The boutique has been in business for more than 14 years.

Students in the program are responsible for every aspect of retail management.

"The boutique gives each student the opportunity, in a team, to operate and merchandise the store and promote and display the merchandise," said Timm.

Students are involved in buying the merchandise sold in the store. Every student gets the opportunity to go buying. The main purchasing point is the Spadina and Queen Street districts in Toronto.

Clifton Fashions, Koochee and Price Point are all major suppliers for the boutique. Most of the clothing comes from retailers who will wholesale to the program.

Fashion Boutique sports 20 per cent off sale.

Photo by Daniella Meville

Andrea Hoadley, 20, was responsible for almost all of the buying last year and said she enjoys dealing with all the different aspects of running the boutique.

"I like the hands-on part of it. Including weekly deposits and coming in contact with the buyers. It's a nice change from the theory," she said.

As stock levels deplete, students make the trip to Toronto to buy more clothes. Special orders are also taken. If the boutique has something you like, but not in your size, every effort will be made to fill the order.

"You get Queen Street fashions out of our Welland location without the Toronto prices," said Timm, adding markup isn't far from the wholesale prices.

"Our problems with sales figures in the past was our hours of operation," said Timm, after noting the new hours were chosen to make the store more accessible to customers.

Two students a week run the day-to-day operations of the store. The boutique is open Tuesday, Thursday and Friday from 9:30 a.m. to 3:30 p.m., and Wednesday 9:30 a.m. to 1 p.m.

Hands-on experience is the main objective when the students are running the store.

"The idea of the store is to teach the students how to operate a small business and give them the opportunity to meet sales representatives and learn all the different aspects of a business," said Timm.

Timm says the boutique will come out in the black and the money generated goes to cover bills and operating expenses.

The boutique accepts cash and cheque as methods of payment and has a 20 per cent off sale on everything in the store.

Overhaul for SAC guidelines

SAC forms Constitutional Committee

By GREG FURMINGER
Staff Writer

The Student Administrative Council (SAC) announced Monday that it is establishing the SAC Constitutional Review Committee.

The committee is a result of misunderstandings SAC had regarding its constitution, which led to the dismissal of four members Jan. 25.

"Quite a few of the problems we've had in the past few months have had to deal with elements of the constitution," executive vice-president Trevor Obee said in a press release.

"The problem is systemic. It stretches through our entire operation. There are sections in the constitution that are too vague or oversimplified and the problem has progressed to the point where, in some cases, it has crippled the council in doing what we need to do for the students.

The committee will present its findings during the general meeting held before Niagara College's student body before 1994/1995 elections held in early April.

Obee said the meeting, which will be a year-end review of council activities, will be open for student input on the proposed constitution.

On Tuesday, Obee, who will act as chair, said the committee will include: Brigitte Chiki, counselling co-ordinator; Randy Conlon, media/liaison officer; Nancy Grimminck, SAC vice-president internal; and Frank Keltos, SAC president. He said invitations have been extended to Carol Boettcher, the college's vice-president student life and human resources, and Gary LaRose, the college's director of financial services, but Obee is still waiting for confirmation.

Obee said he wanted to keep the committee to a "working minimum."

As of Tuesday, no date had been scheduled for the committee's first meeting.

SAC plans bash to 'cap' off year

By GREG FURMINGER
Staff Writer

Student Administrative Council members put on their thinking caps Tuesday afternoon when Alison Meikle paid a visit.

Meikle, representing the Sweat Shoppe from Toronto, made a presentation to SAC after she was invited to discuss hat samples that will be given away as promotional material for SAC Bash '94.

Last year's end of school celebration was attended by about 800 students, said vice-president athletics Scott Currie.

Vice-president internal Nancy Grimminck said students who purchased the first 200 tickets last year were given free baseball caps. They sold out in less than five hours, she said.

Plans for the year-end bash began as soon as Bernie Kurek took office as vice-president social last week. President Frank Keltos said the bash is the biggest event to plan.

"It's a make or break event," said Keltos. "Last year's was a success and hopefully we can do the same thing this year."

Changes planned for General College program

By STEPHEN KRICK
Staff Writer

Niagara College's General program is now called General Arts and Sciences program.

Since the college's inception in 1967, Niagara opted to use the term General program, even though most other colleges in the province called their General program General Arts and Sciences.

Gordon McPherson, co-ordinator of General Arts and Sciences program, said the name change will bring Niagara in line with the rest of the colleges in Ontario.

The name change also happened because "it was felt the title, General program, didn't convey any information about what the program was about," he said.

The General Arts and Sciences department is also in the process of making dramatic changes to the program. In the past months, the department has consulted with General Arts and Sciences students and high school students to see how the program can better serve the students, McPherson said.

He said the department is recommending that the program be divided into three areas of specialization: Business and Technology, Media and Design, and Community Studies. Along with a specialized area of study, the program will have six core subjects: English in the first two semesters, several computer courses, and a course called developing a personal philosophy, which will help students better understand themselves and their abilities and ways of achieving their goals.

McPherson said the department is proposing that a diploma be given for students successfully completing one year of General Arts and Sciences program. He said a majority of students take the program for one year, and yet they currently receive no recognition, or certificate.

He also would like to see all successful graduates of the program be given a guaranteed seat in any other college program, if they so desire.

"Right now there is no guarantee that a graduate of the General Arts and Sciences program will be accepted into other programs in the college and it's not fair to the students," he said.

EDITORIAL PAGE

Is education key to employment woes?

Canada's unemployment problem is here to stay.

Full-time employment is becoming scarce and part-time and contract positions are increasing.

A Statistics Canada report recently published in the Globe and Mail indicates our economy is failing to create enough full-time jobs to meet the demand in today's workforce. More jobs were created in 1993, but workers returning to the job hunt were hired first to fill these positions.

What does this mean for graduating students, soon to set out on a search for full-time employment?

Rejection, disappointment and hundreds of "Thank you..., but" letters from employers.

The conventional belief that a post-secondary education increases a students' opportunities for full-time employment is now considered an archaic way of thinking.

Statistics Canada reports jobs for many youths have been difficult and sometimes impossible to find while several discouraged job hunters have returned to school.

As jobs remain scarce, school is becoming the select alternative. Job hunters, facing intense competition, must make themselves more valuable and higher education is one answer. Or you can do as I plan to do and make a career out of being a student.

Diana Berardi

Buffalo Bills not losers

The Buffalo Bills lost their fourth consecutive football Super Bowl last Sunday, and fans were again disappointed. However, people who are calling the Bills 'losers' ought to think about how much winning this team has done in the past four years.

Firstly, how can any football team make it to the Super Bowl four years in a row and be considered losers? Think about it. The Bills beat a lot of football teams to do this.

How can anybody call the team losers when they've been able to watch the team play every game of the regular season, the playoffs, and the Super Bowl? Ask a fan of another team who hasn't had this luxury — ever — let alone the last four years. They will fill you in on the meaning of 'losers.'

I read a newspaper article Monday, in which a Buffalo fan stated she would have to move to a "winning city", as it was degrading living in Buffalo after the Bills lost again. To her, and others alike, I say go ahead and move. You have 27 other NFL cities to chose. But don't come crying to us when your new team's football season is over before Christmas. We'll be too busy watching our Buffalo Bills, a winning team, make their way to number five.

Robin Green

Niagara News

Editor: Diana Berardi
Associate Editor: Robin Green
Larry Taylor, Publisher
Phyllis Barnatt, Managing Editor
Gary Erb, Associate Managing Editor
Roy Timm, Photography Consultant
Karen Audet, Ron Tufts, Liz Pelt, Advertising Managers

The Niagara News is a practical lab for the Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College.

P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 735-5365.

Vol. 24, No. 10
Feb. 4, 1994
16 pages

Berton plans visit

By KEITH HOBBS
Staff Writer

When Pierre Berton speaks, people listen.

Berton, Canadian author and historian, will be the guest speaker at the 'Gaining the Edge' conference at the Ameri-Cana conference centre in Niagara Falls. The conference is to be held on Wednesday, Feb. 23.

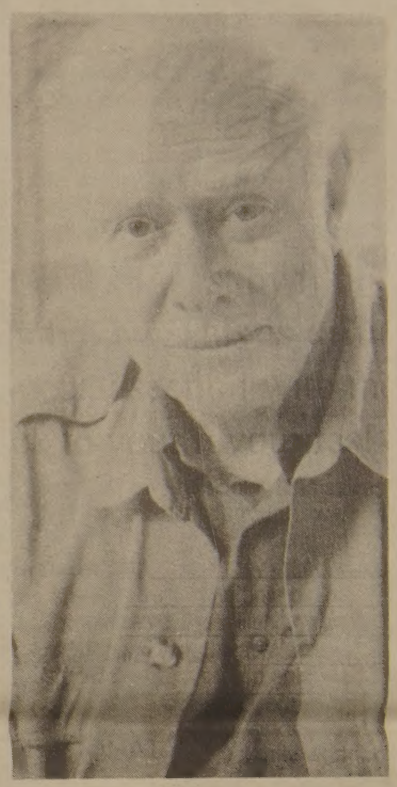
Berton's presentation will draw from his best-selling book, Niagara: A History of the Falls.

The conference is a one-day event with workshops run by Niagara businesses. Businesses will be presenting "Made in Niagara" solutions for the challenges facing the future of Niagara's economy.

The conference is being sponsored by Niagara College Ventures Division, Human Resources Development Canada and the Niagara Region Development Corporation.

Registration for the full-day session is $60 a person. Tickets to hear *Pierre Berton speak will be sold at* $28 a person.

To register for the conference contact the Niagara Region Development Corporation at (905) 685-1308 or fax (905) 688-5907.



Pierre Berton

Court will rule on ban

By KEITH HOBBS
Staff Writer

The war over the publication ban on the Karla Homolka manslaughter trial began this week.

On Jan. 31, lawyers representing some of Canada's news media appeared before the Ontario Court of Appeal to challenge the publication ban imposed by Justice Francis Kovacs of the Ontario Court's General Division in St. Catharines.

The ban, Kovacs insists, is a guarantee for a fair trial for Paul Teale, charged with the murders of Leslie Mahaffy and Kristen French.

All evidence from the Homolka trial, including her plea, is covered by the ban.

Mike Strobel, The Toronto Sun managing editor, said in Monday's Sun, "We think our case has always been strong, that the ban is bad, and it's been made even stronger by the fact the ban hasn't worked."

The lawyers representing The Toronto Sun, The Toronto Star, Thomson Newspapers, the Canadian Broadcasting Corporation (CBC) and Rogers Cablesystems Inc., are claiming freedom of speech and an open court are basic rights in Canada.

The lawyer for the attorney-general, Michal Fairburn, told Ontario's highest court that the appeal should be squashed even before it is heard.

"Granting the media the right to appeal could create problems which this court has sought to avoid," she told the court.

Chief Justice Charles Dubin was quoted in Tuesday's Toronto Star as saying, "What you're (the media) saying is that anybody who has a complaint can go out and get a lawyer and serve a notice of motion...anybody in the courtroom can do what you're doing."

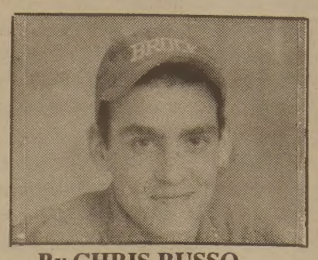
Dubin and the lawyer representing the CBC, Ian Binnie, were engaged in what The Star described as "vigorous questioning."

The media lawyers say their appeal can be heard under rules for civil cases while Fairburn argued that the Homolka trial was a criminal matter.

Media lawyers will be able to present their case, but Dubin said that the court will wait until the Supreme Court of Canada makes a ruling in a similar case before it decides if it can legally deal with Homolka publication ban.

PERSPECTIVES

SAC problems stage a comedy of errors



By CHRIS RUSSO
Staff Writer

I don't think anyone could make up a story as outrageous as what has happened to our Student Administrative Council over this past year, even if they tried.

I'm talking about the removal of four of the nine members last week: Cris Margeson, Leanne Newton, Jeremy Lowe and student rep Matt Lococo. Not to mention the resignation of former president Kristen Sorensen the week before, and the resignation of vice-president social Brad Billard, last term.

What could be more asinine than appointing four "new" members to council with only three months remaining in the school year? Would it not seem more logical to re-evaluate the constitution, which states that a 65 per cent grade average is to be maintained?

Just imagine the quality performances we'll be receiving from our new SAC members, aside from Nancy Grimminck who sat on last year's council. Good luck to Frank Keltos and Trevor Obee who'll have their hands more than full for the remainder of the year.

Margeson, the former president, made a good point during the press conference after his removal stating only a 60 per cent average is needed to graduate from Niagara College. Why are SAC members expected to maintain a higher average than the rest of us? I'm sure they're asking the same thing.

Jeff Poulin, former student rep and now vice-president external, was asked to comment on the outcome of the vote during the press conference. Poulin had previously voted for the removal of Margeson, Newton and Lowe. He said he felt bad and would have voted differently if he had heard both sides of the story prior to the vote.

I just have one question for Poulin; Do you honestly think you deserve a seat on council and receive the honorarium that goes with it? After all, you failed to find out both sides of the story. This single fact leads me to believe you acted in your own self-interest that cannot be tolerated as a voice for the rest of the student body!

As far as I am concerned, Poulin should resign his posi-

Poulin should resign now...

tion now (since it is almost a trendy thing to do) and give it to someone who can honestly represent the best interests of the students.

Besides, that's what a student council should be about, not whether they are smarter than everyone else!

If you think Niagara has a bad case of student apathy now, wait until the next election in April, or byelection, whichever comes first!

Television addiction powered out

By MIKE MICHAUD
Staff Writer

"Television - the drug of the nation." Music group Disposable Heroes of Hiphoprisy sure called that right. I recently had the unfortunate opportunity to see this statement brought to life.

My neighborhood had a power outage last week, and when the lights came on, my TV didn't. For some unexplained reason, perhaps a power surge, my roommate and I were without a boob tube. Some might say that this is the best thing that could have happened, but I think not.

TV addiction may sound ludicrous but I have witnessed, first hand, the effects of Television Withdrawal Syndrome (TVWS). Symptoms of this horrible affliction are varied. They may range from restlessness to mood swings to the most severe symptom, imaginary channel surfing.

Channel surfing is a common symptom of TV addiction, but imaginary channel surfing can only be seen during withdrawal. Only hours after we learned about the TV, I heard sounds that could only come from a television. I looked beside me and saw my roommate (I'll call him "Big Red") "watching" TV through the VCR and the stereo.

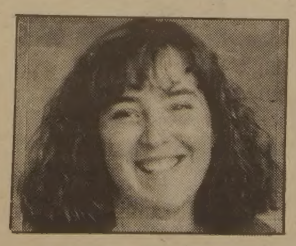
"I'm not addicted...I'm just seeing what's on," he said in a strung-out sort of voice.

After convincing Big Red to turn the VCR off, we began our life of deprivation. In the week that followed our lives changed. The kitchen, at one time considered a hazardous waste area, now glows for different reasons. The newly-discovered fungus that once grew on our dirty dishes brought big bucks from that biology student.

TVWS was not without its casualties. Big Red's girlfriend, Little Red, almost dropped dead on the floor when she walked into the house and saw how clean it was. She is recovering from the shock and should be walking again very soon.

When television was first mass-marketed, people said it was only a fad. Instead it has become a major force in our society. My advice to you, after suffering from TV addiction, is this: read a book and beware of TVWS. By the way, my roommate and I have since borrowed a small, black-and-white TV to tide us over until the other one is fixed.

Thievery-an invasion of privacy



By AMY NEILANDS
Staff Writer

If you can't trust your friends then who can you trust.

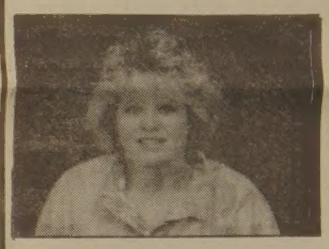
Recently, I have been the victim of thievery. Some items of mine were stolen right out of my own bathroom by someone invited into my home. They were just small things but it's the fact that they were taken while I was probably sitting right in the living room.

I can remember when people didn't even have to worry about locking their doors at night. You didn't have to worry about your personal belongings being stolen. Now, people steal from you while you are watching your favorite television show.

In Toronto there has been a rash of home invasions. People go into other's homes while they are there and just take whatever they want. It's crazy. Your home is yours. A place where you are supposed to feel safe from the world outside. Now, some people are scared to be in their homes. What possesses people to do such a thing? Where do they get the right to help themselves to whatever they want?

I like to think that my house is a place where my friends are always welcome and if they need something or want something all they have to do is ask.

Pedestrians take a bath



By TINA YOUNG
Staff Writer

Were we not taught as children to walk facing traffic? I remember my mother telling me that sidewalks were for people and roads were for vehicles.

Yet, I come to Niagara College and find out what I was taught as a youngster changes once you grow up. How ironic, I thought at 26 years old I was grown up.

Everyday I enter the college from First Avenue onto a road that is in desperate need of a walkway for students. I'm glad I'm a journalism student who can voice an opinion on this matter. It sounds trivial but not when you come too close to a vehicle out of control.

Vehicles have every right to be where they are, but pedestrians have nowhere else to walk. Whose fault would it be if a vehicle heading out of the college slid on ice, went out of control and hit the student causing fatal injuries? The ice for being there? The car for being on the road? The student for walking along the side of the road where there is only about two feet between the student and the cars passing by?

This scenario sounds ridiculous, but when I walk home there has been countless times where I've slipped and a vehicle was either right next to me or approaching me at the stop sign. If I did wipe out I could very well be under a vehicle that would be turning right.

Even when there isn't snow, the students that barrel in for their 8:30 a.m. class have no respect for other students walking along the side of the road. After a rainfall there are puddles, but are people who walk to school supposed to jump out of the way everytime a car goes barrelling by for their morning classes? Can you imagine jumping up the hill so your dress clothes don't get ruined, only to wreck your brand new shoes.

If there are sidewalks leading to classes and to the pub (After Hours), why aren't there sidewalks for students when there are actual vehicles beside them.

News Tips?

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Hypnosis holds fascination with people

By ANGELA KOTLARZ
Staff Writer

Your eyes are growing tired...Your eyelids are becoming heavy...now heavier and heavier...They are beginning to close.

Hypnosis holds a strange fascination for most people. Some believe the mere words spoken by a hypnotist can cause major changes in the behavior of the hypnotic subject and many feel uneasy about such a prospect; but is this view accurate?

Hypnosis is a term derived from the name Hypnos, the Greek god of sleep, and is said by some researchers to be an altered state of consciousness. The discovery of hypnosis - or mesmerism as it was then called - is commonly credited to an Austrian physician Anton Mesmer who was said to have cured everything from melancholy to blindness through hypnosis.

In this state people are able to focus more clearly on certain aspects of their physiology (breathing, heart rate, pain) and to narrow their field of concentration so they can remember certain events, said Bruce Tallon, a Psychology teacher at Niagara College.

It's important, though, to distinguish between facts and falsehoods associated with hypnosis. Some myths include the belief the subject is asleep, but, said Tallon, "The subject is not asleep but rather he/she is not aware of the distractions that are in the field."

Your attention as a subject, he said, is more focused. Even though you're conscious of all the other things that are going on around you they're not distracting to you.

People who can really concentrate well like students are better subjects, because, said Tallon, "Not everyone is able to be hypnotized, only those who are able to really concentrate and those who have good imaginations."

In fact, 30 per cent of the population cannot be hypnotized or have difficulty and there are people, he said, who resist hypnosis altogether.

"Mentally deficient individuals supposedly cannot be hypnotized as readily, if at all, and I think part of the reason is the ability to filter out distractions and narrow down the field of concentration."

All hypnosis is self-hypnosis, which is contrary to the belief the power of the hypnosis lies with the hypnotist and not the subject.

"Technically the subject hypnotizes him/herself and the hypnotist is really only a guide," said Tallon.

The extra person, he said, is frequently there for giving instruction for a specific goal and is there to make suggestions to guide the subject to that goal.

"The hypnotist doesn't have any real power to speak of, that's a cartoon-type way of thinking," said Tallon.

Stage hypnotists are usually "illusionists," he said. "They're operating under the illusion they have some power over the person when in fact that's not true."

Tallon went on to say such performances can be dangerous because the stage hypnotist may uncover some conflict the subject is having.

"This can open up a lot of hard feelings because the person being hypnotized can later feel embarassed in finding out others thought it was really funny," he said.

When one thinks of hypnosis, meditation often comes to mind but although the two are both said to be altered states of consciousness and somewhat similar, "Both are done for different purposes. Meditation is usually to calm an individual, whereas hypnosis is usually done with some particualr goal in mind," said Tallon.

For years it has been highly debated among researchers whether hypnosis is a "special" state of consciousness or not. One of the difficulties in determing this, he said, is there are those people who are highly suggestible.

On the other hand, there are a lot of people who say it is an altered state of consciousness because you can do certain pain control you couldn't do if the subject was in an "ordinary waking state of consciousness or a sober state of conciousness."

One of the main advantages of hypnosis, said Tallon, is pain control but the use of hypnosis to help enhance memory isn't as effective as many think.

People's memory can be enhanced by using hypnosis, he said, "but there's no degree of reliability in terms of whether the person is partially or wholly fabricating the memory, so it's a risk."

Posthypnotic amnesia is usually the result of the hypnotist suggesting to the client he/she will not be able to recall the hypnosis or the session, said Tallon.

Sometimes if a person's in hypnotherapy it's advisable not to recall some of the events that happened during the session because they may be "too traumatic to remember and may even cause after-effects."

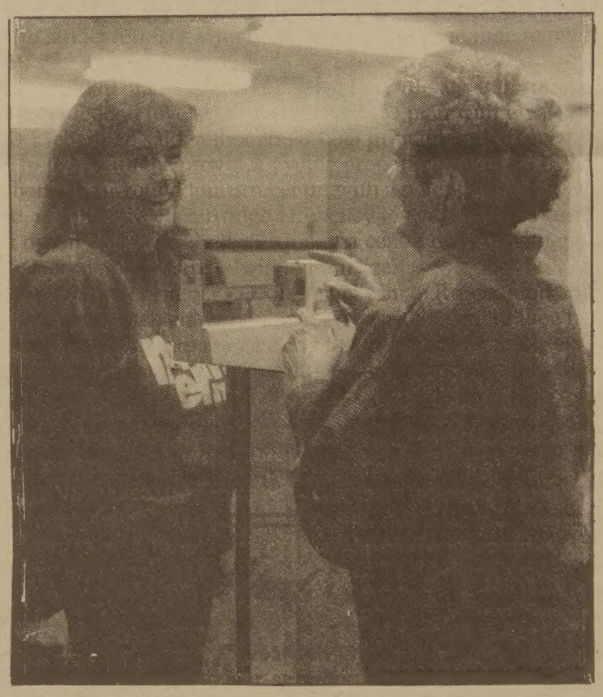
This, though, he said is not usually the case and most of the time people are encouraged to remember.

As far as using hypnosis to break bad habits, the statistics, Tallon said, used to be about a 50 per cent success rate for controlling cigarette smoking and for controlling food intake but, "That's not a very good batting average."

There are a series of exercises you can practise to induce hypnosis yourself. One is done with a simple fish line and sinker called a pendulum, and, said Tallon, "You can practise moving it around and thinking about it going vertically, horizontally or in circles which will help you to focus."

People under hypnosis have been said to perform otherwise impossible feats, but today there is agreement among researchers this is not the case.

The truth is hypnotized people can do some seemingly amazing things "but these are things they wouldn't ordinarily *know* they could do, not that they weren't able to do," said Tallon.



Joanne Larman, counsellor for Weight Watchers, is all smiles as Lana steps on the scale after losing 63 pounds.
Photo by Tina Young

Think thin, think Weight Watchers

By TINA YOUNG
Staff Writer

It's the new year and time to think thin.

Many people try to figure out what will take off and keep the weight off. They try fad diets, starvation, and quick fixes. The solution, for some, is Weight Watchers.

Lana, 34, who declined to have her surname used, started Weight Watchers in May 1993. Weighing in at 204 Ibs., "I was sick of what I looked like," she said.

She says her low self-esteem and feeling uncomfortable with herself made her join. She went alone. "I was determined to go," she said.

The first time she attended a meeting she said she loved it. "The first three weeks are the hardest. You can eat everything. You eat the same food and learn to prepare it differently."

Lana now weighs in at 141 lbs. with a huge weight loss of 63 Ibs. She has 21 Ibs. to go to meet her goal.

Asked how she feels now, Lana said, "how do you put that into words, I feel like a new person."

You need the motivation from going to the meetings, said Lana.

Joanne Larman is the energy booster counselling in front of the class. She is robust and fills the air with excitement, said one of the members.

Larman's husband is one of her biggest admirers. "She enjoys her job and gets along with everybody," he said. She has been doing conducting sessions for more than 15 years and is very well liked, he added.

Larman's meetings are held on Monday and Wednesday nights at Brethern in Christ Church, 50 Lincoln St. W. Weigh in time is 6:30 p.m.

Another session is held at the Welland YMCA weighing in at 8:30 a.m. and starting at 9 a.m.

"I'm not going to gain the weight back again," said Lana.

Groundhog myth has some feeling skeptical

By DONNA DOLYNSKY
Staff Writer

If you feel a little skeptical about the legend of an old groundhog forecasting the length of winter to come - you're not alone.

"No matter what the groundhog sees," says Port Colborne farmer, Fred Buro, 55, "the temperatures will be cold as long as the month contains the letter R in it."

Some people are hoping the little rodent comes out to see his shadow on Feb. 2. This will signify there are only four weeks left till spring thaw. If he comes out and doesn't spot his shadow, then we can expect at least another six weeks of blustery weather.

"I think this tale was invented before the creation of the Super Bowl to help break the doldrum of the mid-winter blahs," said Bill Mouck, 38, Canadian Steel Trade Employment Congress, area co-ordinator. "I certainly wouldn't start planning my vacation on behalf of that groundhog."

"Doesn't mean a thing to me," said 45 year-old Peggy Davies. "If I peek out in six weeks and it's still cold, I'll see you in the summer."

Thinking about warm weather is somewhat unrealistic with the cold record-breaking temperatures of -38C, including the windchill factor, that we faced last week.

Thorold resident Hugh Morgan, 41, wonders if the groundhog will be able to get out of his hole through all the ice caused by split watermains to check out the situation.

If you keep your eyes peeled and watch for our fuzzy friend on Wednesday, hopefully skeptics' "ice"pectations will melt away in about four weeks.

FOLLOW YOUR HEART
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GIVE WITH YOUR HEAD
Give to the research that saves more lives

Teaching model makes schools user-friendly

By JOHN SARKO
Staff Writer

Educators need to be more inviting, says the president of a senior college in Georgia.

The Niagara College cafeteria was more inviting than usual last week as Dr. Betty Siegel, president of Kennesaw State College in Georgia, spoke to administrators and faculty concerning use of the invitational model in education.

The goal of the invitational model is to make institutions more user-friendly. "We are constantly sending out signals," says Dr. Siegel. By sending out positive signals people are invited to be responsible and able, she says.

"The invitational model means that everyday people send out messages to others telling them that they are able, valuable or responsible. The self concept is made up from memory of a lot of invitations," says Dr. Siegel.

The model offers people a frame of reference to better achieve their maximum potential, she told the audience.

The invitational philosophy is not, "unremittingly upbeat," but simply, "being conscious of how you try to let others know that they are valuable."

Dr. Siegel has successfully applied the invitational philosophy at Kennesaw College. Kennesaw was recently named the top regional rising star of the south, she says.

Dr. Siegel speaks to educators across Canada. She says she thrives on the exchange of ideas that occur during these visits. She cites the Welcome to Niagara College sign on Rice Road as an idea she will use at Kennesaw. "Schools should be inviting places," she says.

'Schools should be inviting places.'

Betty Siegel

Representatives from Brock University, Mohawk, Fanshaw, Conestoga, Loyalist and St. Clair colleges attended the talk. A delegation of four visiting administrators and teachers from Yueyang Vocational University in China also heard Dr. Siegel speak about the invitational model.

Using an engaging style of southern charm and wit, Dr. Siegel speaks in the inviting tones that she champions. She is the daughter of a coal miner and former child psychologist. "The world seems to like those who come from behind and find a way to be and do what they are capable of becoming."

The model does not imply an increase of resources but using exisisting resources creatively. Siegel commended Niagara College's efforts to achieve a more inviting campus. "I really like what your president (John Saso) and his team have been able to accomplish in a very short time," says Dr. Siegel.

Niagara College sponsors retreats known as Niagara College 101. About 100 faculty, administration and support staff have used these retreats to facilitate a better understanding of the teaching and learning process.

In his remarks, Saso named Dr. Siegel as the first honorary member of the Niagara College faculty.

Dr. Betty Siegel, president of Kennesaw State College in Georgia, speaks to a captive audience at Niagara College on Thursday, Jan. 27 about the use of the invitational model in education.

Photo by John Sarko

False alarms remain a mystery

By CHARLIE KOSCAK
Staff Writer

Students evacuated the Mackenzie building when an alarm was tripped by mysterious causes on Thursday, Jan. 27.

Another alarm made students leave the same building on Monday, Jan. 31.

Four fire trucks from Welland's fire department were dispatched to the college after the fire alarm went off Thursday morning.

Fire Captain Vic Paul said none of the smoke detectors or pull switches were activated.

"Something set the alarm off," he said. But the cause has not been determined.

Possible reasons for the alarm going off include the cold temperatures or insects in the heat detectors, said Paul.

The agency that installed the alarms - Edwards, a unit of General Signals - has been investigating, said Dave Godwaldt, acting supervisor of security, health and safety.

Godwaldt said no one has set the alarms off, and it was probably a mechanical problem with the alarm.A moth, like any organism, gives off heat and may have set an alarm off.

No student and staff member is responsible for the alarm, he added.

The fire department wasn't dispatched to Monday's alarm, said Godwaldt. The second alarm was probably a mechanical problem, he said.

"But one way or the other we'll get to the bottom of it."

Niagara College will not be billed for the fire department being dispatched.

History in the making

By SALLY BOND
Staff Writer

Nursing history has been made and Niagara College is part of it.

Jeanette Douglas, a graduate from the college's nursing program in the early 1970s, has been named the first hospital employee to become a voting member on a hospital's board of directors.

A former Fort Erie resident, Douglas has been working as a registered nurse at the Port Hope and District Hospital for more than 20 years, says the *Fort Erie Times-Review*.

In an interview with the paper, Douglas said her appointment will fill the void between staff and board of directors communication.

During her one-year trial tenure, Douglas told the paper she wants to discuss the issue of duplication of services between the Port Hope hospital and the neighboring Cobourg hospital.

Douglas said her future as a board member following her trial period will depend on "how many waves I make."

Level-headed tots display fire safety skills

By ROBIN GREEN
Staff Writer

The children at the Niagara College Early Childhood Centre behaved like troopers on Monday when the fire alarm in the Mackenzie building went off during sleep time.

The false alarm was the second in less than a week, at which the children displayed their fire safety skills and proved they knew what to do in case of a fire, even while half-asleep.

"The children were so good," said Pat Eversden, manager of the Early Childhood Centre. "I am very proud of both the staff and the children."

Eversden said the children are given fire safety education on a regular basis and are very competent when it comes to remembering and using their skills. The children are very used to the procedures taken in case of a fire, and practise every month during a fire drill. At times the fire drill is planned close to sleep time to enable the children to go through the procedure under nap-time conditions.

To help with their fire safety education, the children are visited frequently by area firemen, and have even been paid a visit from Sparky the fire dog. The children are taught other types of safety as well, and are visited occasionally by Heather Hodgson, co-ordinator of the Law and Security program, who tells the children her stories, some of which are based on safety education.

February is Heart and Stroke Month
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Please give.
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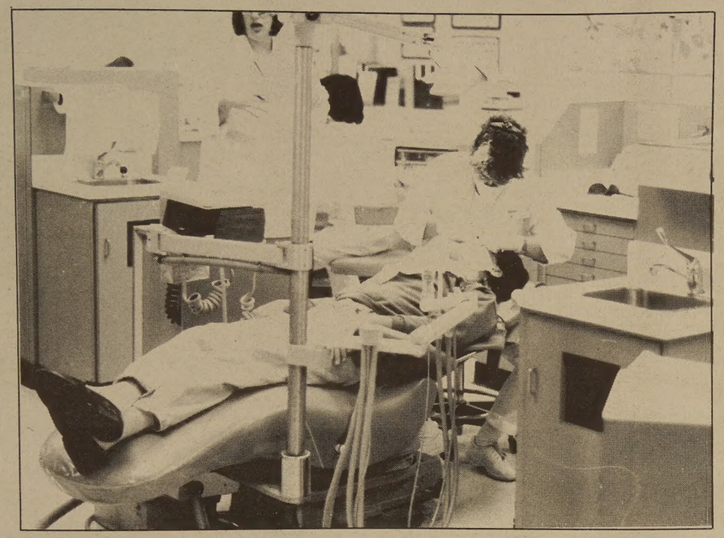
Good morning Niagara College!

Ted Jones, a second-year Broadcast Radio/Television/Film program student, is seen taking the controls for CRNC in the department's studio located in the halls of Voyageur wing.

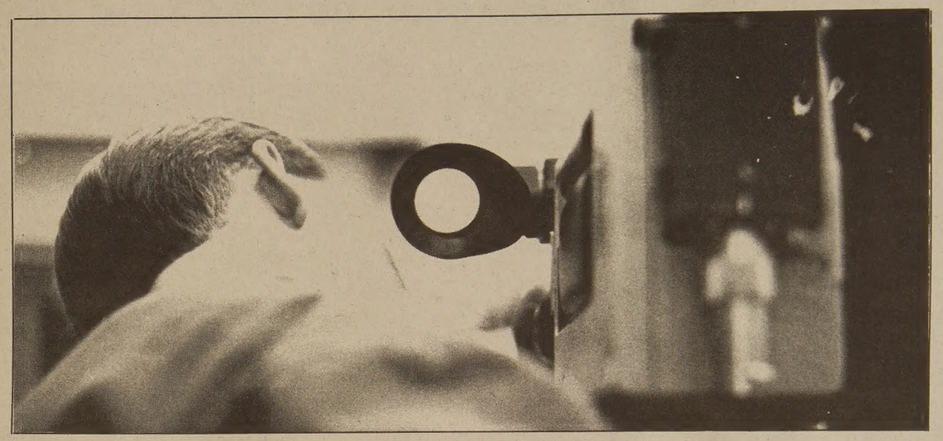
Photo by Greg Furminger

School's in: a glimpse of Niagara '94



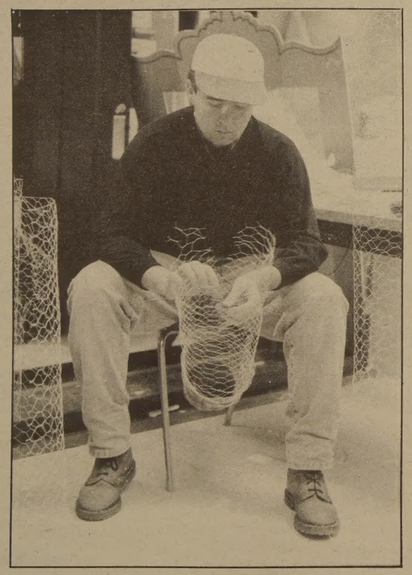
A student in the Dental Hygiene program practises her skills on a client. The clinic is booked with appointments for the rest of the semester.

Photo by Andrea Snider



Get ready, get set for imagination day... A Broadcast, Radio and Television student adjusts the lense on his television camera and prepares to shoot an interview with his classmates as part of an assignment.

Photo by Jenn Sheridan

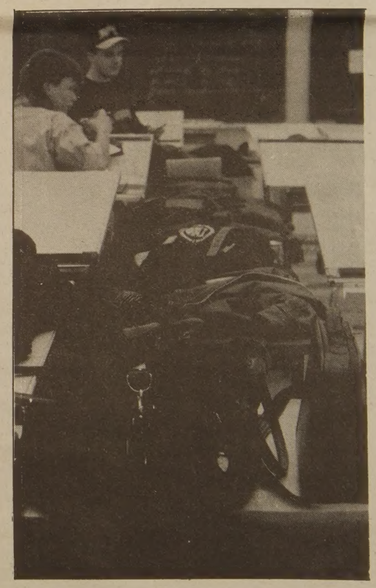


Dan Levesque, a second-year Fashion Merchandising/Visual Promotions student, uses chicken wire to create an African statue.

Photo by Mike Michaud

Kim Fragomeni takes steady aim while competing in the doubles pool tournament held last Thursday in After Hours. Tournaments are organized by Student Administrative Council vice-president social Bernie Kurek and After Hours manager Donna Flutur. Dates and times of upcoming competitions will be posted in the student centre.

Photo by Greg Furminger



Technology students need big bags to carry their equipment in!

Photo by Adele Nagy

ENTERTAINMENT

Ignorance, Chaos, Suicide: music for BARFing fans

By JENN SHERIDAN
Staff Writer

When an overdose of speed-metal guitars, smoking drums and gut-wrenching lyrics make you BARF... consider it a compliment.

Drooling spectators huddled in corners as Montreal-based BARF hacked their way through an hour-plus set of angst-ridden hardcore at Jerry's Alley on Jan. 27.

"We'll never get tired of playing fast because that's our style," said vocalist and lyricist Marc. "We're 24 to 28 and no one is talking about changing our sound. I don't think we'll ever slow down because when you do that you change everything."

Touring with their second release Ignorance, Chaos, Suicide, Marc sat wedged between bandmate Sag's drum kit and a washroom that looked as ghastly as the stumbling patrons using it. Marc seemed right at home.

"All the guys in the band want to travel with our music and if we can pay rent and buy a couple of instruments, that's a bonus," said Marc. "We'd like to get signed but even if we did get signed we're never going to be a (commercialized) band."

Formed nearly seven years ago, BARF (Denis, guitar; Vincent, bass; Sag, drums; Marc, vocals) is rapidly gaining recognition in the swelling underground.

"We didn't know what kind of a response we were going to get," he said. His glazed smile and bed-head manner seemed in rhythm with the wafts of stale beer and clinking chains. "There's a rumor that English people don't like the French (and vice versa) but we've found everybody to be cool."

BARF smokes with the best of them, from the original 45 French-English songs on Tumulte to the 15 Frenglais songs on Ignorance. Opening for grind-core giants Brutal Truth, Napalm Death and Fear Factory on their Barfing Around Canada '92 tour, took the band from North Bay to Kelowna, B.C.

"It's hard to get a following everywhere you go," he said shrugging his shoulders, "so, when you start to get one, you go for it. You're happy because that's the way you've always been. We've got a good sound and I think we're a good band."

Songs like Reel de la chasse galarie radiate BARF's homegrown folklore flavor while keeping with Vincent's rap fetish and Marc's love of science-fiction literature.

"Reel is a Quebec legend about these guys who make a pact with the devil." Like all good story-tellers, Marc clasped his hands around an imaginary paddle and converted his shredded stool into a canoe, reliving the tale. "It's pretty weird. I don't like to project things too much because all of the songs on the album have to do with something else. My favorite book is La Liberate de la garcon by Michael Morcott. It's about chaos," said Marc, as my camera dropped to the floor. After a knowing glance and a burst of sympathetic laughter he continued.

"We are living in a chaotic society. Everywhere you go, people are all the same and are having all the same problems, like with the cops and the government."

BARF has had their share of pandemonium. Riding the band-member merry-go-round, losing one guitarist and bassist Vincent when he decided to form his own band. Vincent has since rejoined his BARFing buddies.

Maintaining juxtaposed flavor, Marc boasts about the local artist and friend who created the Ignorance face.

"The red thing on the front... I don't know what it is exactly," Marc laughed. "Francois Gagne is a really good artist. We told him to draw a couple of skulls, or whatever, for our second album and a couple of weeks later he came back with the picture that is on the front of Ignorance."

Marc, bed-head lyricist and vocalist of Montreal-based BARF, howls out a leathal call.

Photo by Jenn Sheridan

Following a long haul across Ontario, BARF is heading home to celebrate the seventh anniversary of their first gig on March 3. After recording in March, their disgorged mayhem will be gracing the lavatories of France, Denmark and Amsterdam. Les fans qui veut ecrir

BARF, ecrire a: Rotten Fan Club, 10 Ontario Ouest, Suite 808, Montreal, Quebec, H2X 1Y6.

Canadian films lack adequate support

By AL GILDAY
Staff Writer

Seen any good Canadian movies lately? Not likely. Believe it or not, except for a handful of theatres in Toronto and Quebec, very few Canadian-made movies are shown in Canada.

It's not that Canada hasn't produced any good movies. There have been many. It's just that theatres won't show them. Video stores won't even stock them. How can Canadian filmmakers achieve success in making movies? Probably the best way would be to move to the U.S.

The government does its best by making funds available through TeleFilm Canada and other government bodies, but it's not enough. The government fails to realize that the costs of marketing a motion picture can and often outweigh the film production costs.

Critics are no help either. They routinely compare Canadian films to those produced in the U.S. because Hollywood established the guidelines for film genres. But comparing U.S. and Canadian films is like comparing apples and oranges because Canadian films are often experimental in nature and don't usually follow specific genre guidelines. Critics often trash a Canadian film before it's released because they aren't "Canadian" enough. David Cronenburg's Scanners did very well in the U.S. and Europe but critics here hated it for that same reason. As a result, many Canadian films are doomed before their release.

Films are doomed

There is no Canadian-owned distribution system in place in this country. Since 1974, the United States has controlled close to 70 per cent of all film distribution and theatre networks in Canada. As a result, theatre chains like Famous Players and Cineplex Odeon aren't willing to take a risk on a Canadian film. They are motivated by profit and are concerned only with attracting moviegoers to their theatres. They have no incentive to show a Canadian film.

Similarly, investors are reluctant to invest in a film because there is no guarantee of a return on their investment. So Canadian filmmakers must rely largely on government funding.

Several solutions have been proposed in order to decrease our dependence on U.S. films. The most promising involves encouraging theatres, through incentives, to devote 10 per cent of their screen time per year to Canadian films.

Changes won't occur for quite some time. Although film and the cultural industries are suffering through imports from the U.S. ($136 million per year), the industry itself only represents two per cent of our gross national product and is not considered a priority by government.

It's sad to think that Canadian films are foreign to us merely because we were brought up on a steady diet of John Wayne Westerns and police dramas from the United States.

College planning film festival

By KERI REED
Staff Writer

A film festival for November 1994 is being discussed by Niagara College faculty.

Elias Petras, Film Production professor, said the proposed festival will be similar to the annual Telefest, held by TVOntario.

The festival "will include film students from Ontario and New York colleges," said Petras.

David Schleich, vice-president, academic, first thought of holding the festival.

After each film is judged, awards will be given in different categories. Canadian film makers Patricia Roczema, John Smith and Doug Kiefer have been contacted to take part in the event.

"This is a major cultural event which will be open to the public," Petras said.

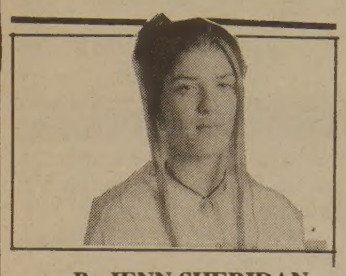
The festival will be held in Niagara Falls to accomodate both Canadian and American film participants. Niagara College film students will be doing most of the work.

"This festival will allow students to pick up skills in the film business, and will build their contacts," said Petras.

Film production students will benefit from one or two workshops held by professionals in the film business who are taking part in this event.

Valentine's Classifieds
$2 On Sale NOW in S212 $2
Will be published Feb. 11 in Niagara News
Must be paid before publication
Deadline: Tuesday, Feb 8, 4 p.m.

Paradise Lost, Thought Industry break new ground



By JENN SHERIDAN
Staff Writer

Merging from Death to melodic Doom, Paradise Lost rolls out the red carpet with Icon From the beauty of guest vocalist Denise Bernard in Christendom to the powerful, rhythm of Embers Fire, Icon wraps itself in expressive radiance.

Formed in 1988, Paradise Lost (Nick Holmes, vocals, Gregor MacKintosh, guitar, Aaron Aedy, guitar, Stephen Edmondson, bass and Matthew Archer, drums) ripped out of England's bowels with their demo Frozen Illusion: four recordings (Lost Paradise, Gothic, Shades of God and As I

Die EP), Paradise Lost is grabbing fans by the maracas becoming one of Europe's biggest names in metal.

Perhaps a lingering memory of their travels in Slovenia, Israel and Greece, Icon attacks with leisurely waves of grim harmonies, straying, erotic strings and vocals resembling Metallica's James Hetfield. This time, Holmes wants to hear what he has to say...and see it too.

The mini-poster sized head shot inside the sleeve is a wee bit cheesy. A photo of the band live when they play to hundreds of doom-hungry Germans would be more tasty.

Being outcast in their homeland hasn't stunted Paradise Lost's progression. Touring with Florida's Morbid Angel and Kreator in North America last year opened the door for a band recognized by its sold-out shows overseas. Paradise Lost is returning to the red, white and free-trade blue (yes, Canada included) this year after a European tour with Sepultura.

These guys are not human.

Listening to Thought Industry's newest release *Mod's carve the pig: assassins, toads and god's flesh*, is like filling a hookah with chloroform: tripping into the unknown.

Stream of consciousness lyrics whipped into frenzied, funky bass lines, abrupt, electrocuting guitars and synthetic drums will stymie the categorically correct. Produced by Ken Marshall (Skinny Puppy), and following their pattern of glorified chaos heard in last year's Songs for Insects, Mod's is an unparalleled attempt to sooth the insane.

Although this Michigan-based foursome (Dustin Donaldson, drums, Brent Oberlin, bass/vocals, Paul Enzio, guitar and Chris Lee, guitar) toured with Skinny Puppy and Godflesh, their uniqueness redefines brutality beyond industrial, metal and punk outfits.

Cover art by Salvador Dali emphasizes Thought Industry's "deformed vision of violence, hallucinogens and other anti-politically correct subjects."

It is highly unusual to come across a band that breaks open the music realm. Not only have Thought Industry eaten their way through the realm but they are creating their own.

Clockwork Orange enters 20th year

By NOREEN BOND
Staff Writer

Society's clock is ticking away.

Stanley Kubrick, director of such films as "The Shining," is known for creating worlds and visions of beauty.

Clockwork Orange, one of Kubrick's more successful films, looks at how the government controls members of society and how they react to sexual and physical violence.

Clockwork Orange is the story of 15-year-old Alex (Malcolm MacDowell), a boy who spends his days and nights violently assaulting mankind. The violence gives Alex and his followers a great rush.

One evening, the boys bang on a woman's door, telling her that there has been a terrible accident and they need her help. Refusing to let them in, they force their way in. Alex assaults her and murders her.

As the boys flee, Alex's followers render him unconscious with a milk bottle. Alex is imprisoned, then sent to a psychiatric hospital to undergo experimental treatments to cure his passion for violence. But can various treatments really help young Alex? Society holds the answer.

This futuristic cult film, celebrating its 20th anniversary this year, intrigued many who saw it. Clockwork Orange was banned in Britain because many people believed it encouraged violence. Recently Clockwork Orange's author Anthony Burgess, called for a curb on filmed acts of violence, saying he had changed his mind since writing the film in 1962. He now believes that art can be dangerous.

This movie is an excellent example of how directors bring out their views through their films. In Dr. Strangelove, Kubrick takes a hilarious look at the arms race that began shortly after the Second World War.

For a twisted view of how government controls and brainwashes people, why not check out Clockwork Orange.

Writer offers sound advice with humorous new book

By PEGGY TEDDER
Staff Writer

Generally, authors offer their readers a departure from everyday life. Not Dennis McCloskey, author of And Now, A Word from a Freelance Writer.

To McCloskey, living one's life provides the opportunity to write. "If you're warm, breathing and can put a sentence together, someone somewhere will be interested in hearing about your life experiences. Or, if you think others have a more exciting life than you, interview them, write their story and get it published."

McCloskey lives a life of which many people dream; he is a freelance writer. Earning his living in the writing trade for more than 10 years, McCloskey's credits feature major newspaper articles, books and stories for adults and children as well as countless commercial writing assignments.

His humor throughout chapters such as 'If Barbara Carland Can Write 540 Books, You Can Write One' and 'Tips From Writers Who Write Good,' is not only refreshing but offers more than a glimmer of hope to fledgling writers.

The greatest appeal of McCloskey's book is his willingness to share his personal side. Chapters, 'Don't Let Those Ol' Rejection Blues Get You Down' and 'Regrets, I've Had a Few,' exemplify the unpredictability of freelancing. However, through McCloskey's wit, he demonstrates the way to remain resilient 'through good times and bad.' "C'mon, smile. That's it. Keep smiling, and keep writing," says McCloskey.

Occasionally repetitious, McCloskey has written a humorous, all-embracing account of a freelance writer's life. His personal style is warm and encouraging.

"I believe writing can also be taught, learned and perfected. There is no such thing as a born plumber, electrician, or accountant. Why then, would anyone think writers are born and not made? All it takes is hard work, dedication and a belief in yourself. Believe you can do it," says McCloskey.

Dust off that manuscript and give it another try. If you're just starting out and desire a full or part-time career as a writer, this book will provide you with invaluable insight.

Catching a few ZZZZZs

A Broadcast Radio/Television/Film program student takes a well-deserved break. CRNC has been busy promoting New Music at Noon, which started Feb. 1. The show features new albums, artists and music.

Photo by Greg Furminger

NEW IN TOWN ???
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It's time for time management

By ANGELA KOTLARZ
Staff Writer

So much to do, so little time!

Time management is really a skill, something students need to be taught, because effective time management could be the key to a successful college career.

Brigitte Chiki, of the Niagara College counselling department, suggests the first step is for students to sit down and make a list of what their fixed time users are and what their flexible time users are.

"Hopefully school is at the top of their list," said Chiki.

Students then need to make a list of how they presently spend their time. In the College Success course students are asked for a week to record what they do right now, without making any changes and then to analyze how they're spending their time, she said.

"It's like counting calories or spending money...you don't realize you've spent seven dollars a week on coffee when you could have spent 50 cents a week if you'd brought a thermos. It's the same thing with time management," Chiki said.

For every hour students spend in class, they should plan on one hour outside of class. "In planning their week for example," she said, "students should plan for 20 hours of class time and 20 hours of schoolwork."

When students come in the counselling office and explain they have difficulty in a given subject, Chiki said her first question to them is, "How much time do you spend on school outside the class?" If they say "none" that's their error right there, she said.

"You should be spending that time re-doing your notes, meeting with other students or trying to read ahead in the text."

Setting goals is also an important aspect of time management. Students will sometimes have trouble managing their time if they don't have a sense of purpose, said Chiki.

"If they don't know why they're here," she said, "then it's easy to just fritter away the hours."

So if you don't know what your goal or your purpose for being in college is, said Chiki, "you'd obviously need to address that first rather than the issue of time management."

"TO DO" lists are always helpful, whether they be daily, weekly or monthly. Everyone's different, said Chiki, "So do what works for you."

It all depends on how organized you are in your thoughts, she said. "If you're organized in the way you think you probably don't need lists as much but for people who are extremely busy they have to keep track and can't always rely on their memory."

Making a list, though, is not enough. Prioritizing that list is the second step. "What you need to do is to wake up everyday and say what am I going to do today and then at the end of the day evaluate if you did the things you set out to do," said Chiki.

Some daytimers are prioritized by allowing you to divide tasks into categories of A, B and C, with A being the most important. "Your Cs are the things you don't complete," she said "and these become your As for the next day."

Part of any time management plan should include building in time for the unexpected. "For those who take time management too seriously and can't build in some flexibility they're bound to get annoyed when unexpected things happen," said Chiki.

Many students take on a great deal outside of school (sports, jobs, social activities) and for these students it's important to sit down and figure out their "short-term and long-term goals."

"Students will always have their friends and the opportunity to socialize but school is only here for the next two to three years," she said.

Physical or personal fitness should be considered by students to be a fixed thing on the time management list and should never be sacrificed "because if you devote time to that," said Chiki, "you'll have more energy to do the other things you need to do."

Students should also be aware time management problems (procrastination, lack of purpose or lack of motivation) could be a sign of other things. If you have any questions or concerns don't hesitate to drop by the counselling centre in ME103.

Kick-off breakfast

By CHRIS RUSSO
Staff Writer

On Monday, Feb. 7, the Canadian National Institute for the Blind (CNIB) is holding a kick-off breakfast for White Cane Week, which runs from Feb. 6 to Feb. 12.

The event will begin at 7:30 a.m. at The Parkway Inn, Ontario A Room, 327 Ontario St. in St. Catharines.

Political spokespeople will be on hand, as well as displays of devices used by blind and visually impaired people.

White Cane Week was introduced in 1942 by the Canadian Council of the Blind (CCB), who later invited the CNIB to join the campaign. The CCB is a national consumer organization which represents the interests of those who are blind or visually impaired. The CNIB is a non-profit, voluntary organization that offers rehabilitation services to the blind and visually impaired.

The white cane has been the most widely used tool of safe and independent travel for blind and visually impaired people for over 50 years, says the CNIB.

For more information, contact Stacey Headey-Komenda, CNIB district manager, at (905) 688-0022.

Welland library welcomes new computer system

By ADELE NAGY
Staff Writer

Name any book and thanks to the Information Network for Ontario (INFO), there is a good chance the Welland Public Library can get it for you within a few days.

The network, which became operational Sept. 1, 1993, is a database on CD-ROM (compact disc, read-only memory) containing over five million bibliographic records which provides access to "holdings of 170 libraries across Ontario," said Debbie Kallender, library assistant in charge of local history and inter-library loans.

The purpose of INFO is to enhance resource sharing for Ontarians by replacing the current inter-library loan network with a more comprehensive, efficient, and cost-effective system. Patrons may consult the INFO database to locate material owned by other public libraries in the network. These items may be borrowed through the inter-library loan system.

The inter-library loan system is a free service that the library priovides to the public. Kallender said everybody uses the service, "from people doing research, to somebody who wants to read a novel that, for some reason, we don't have. Children use it too," she added. "Children's books are available through the system."

Kallender said the system is especially useful to students because it can also be used to conduct subject searches and find books that are needed for specialized studies.

The books have come from as far afield as Simon Fraser University in British Columbia to Newfoundland and Detroit.

Doug Abbott, head of the reference department at the Welland library, said the new system is "time-saving and labor-saving." He said it also allows a "shorter period of time to look up things on the terminal" and now they "can target libraries that have the book."

The staff is "inviting the public to sit down at the terminal and go through the database," Abbott said. He said the system is "designed for public service so we can get the inter-library loan as quickly as possible."

The INFO is a joint project of the Ministry of Culture, Tourism, and Recreation, the Ontario Library Service, the Metro Toronto Reference Library and public libraries like the Welland Public Library.

Debbie Kallender, library assistant in charge of inter-library loans at the Welland Public Library, demonstrates how to operate the new INFO system.

Photo by Adele Nagy

Sunshine foundation grants girl's wish

By SALLY BOND
Staff Writer

Dreams really can come true.

In a ceremony held on Jan. 27 at the Parkway Inn in St. Catharines, five-year-old Kimberley Hazley was presented with plane tickets and accommodations to Disney World in Florida.

The presentation was part of the opening for the Sunshine Foundation of Canada's Niagara chapter.

The foundation, which began in 1987, is an independently-run organization which helps to realize the dreams of children between the ages of three and 19 with life-threatening illnesses or severe physical disabilities.

Hazley, who attends senior kindergarten at Carleton Public School in St. Catharines, underwent a kidney transplant.

Bruce Scott, president of the Niagara chapter, said his group has been in existence for over a year, but only recently became an offical chapter.

Scott said the chapter's goals are to create more awareness for the Sunshine Foundation and increase fund-raising.

As the foundation does not receive any government assistance, Scott said the 40 "dedicated volunteers" at the Niagara chapter have raised more than $20,000 on their own through various fund-raising events.

Donations from corporate sponsors such as Shell Canada, Ontario Home Builders, and Pointts have also helped in raising money.

To date, the Sunshine Foundation has sponsored 18 "Dreamlifts" to Disneyland or Disney World in which groups of 80 children enjoy a one-day stay at the amusement park, said Scott.

The foundation also provides children with gifts of computers, pets, and televisions and visits from sports and entertainment celebrities, he said

In a brief speech, St. Catharines Councillor Peter Harte told the new chapter to contact city hall "anytime the city can give any help or be of assistance."

The Niagara chapter of the Sunshine Foundation meets the second Monday of each month at 7 Napier St. in St. Catharines. Anyone interested in volunteering can contact Scott at 641-2627.

Valentine's Classifieds
$2 On Sale NOW in S212 $2
Will be published Feb. 11 in
Niagara News
Must be paid before publication
Deadline: Tuesday, Feb 8, 4 p.m.

SPORTS

Hockey Knights maul Peterborough

Dave Crane faces off against Peterborough's Sir Sandford Fleming as Pete Lachance (No. 27) looks on. The Knights beat Peterborough 9-4 on Jan. 28 to keep pace with Sudbury's Cambrian College for a playoff spot.

Photo by Jillian Watson

By STUART MCDONALD
Staff Writer

The Niagara Knights men's hockey team is hot-on-the-heels of Sudbury's Cambrian College for the Costello division's third and final playoff spot.

On Saturday, Jan. 29 the Knights beat Peterborough's Sir Sandford Fleming 9-4 at the Welland Arena after losing to Ottawa's Algonquin College 6-4 on Friday. The Knights' record is 5-4-2.

The Knights struck early against Peterborough and led 3-0 at the end of the first period. Peterborough replied nine minutes into the second period to make the score 3-1.

One minute later, Scott Punnett punched Peterborough's captain in the head after the whistle and, despite howls of protest from the visitor's bench, referee Dan Simoneau didn't call a penalty.

Punnett scored six seconds later making it 4-1 and the Knights added two more goals to take a 6-1 lead into the second intermission.

The teams scored three goals each in the third period making the final 9-4.

"Tonight we took it to them and the two points are important," said Knights' coach Fred Bassi. "Now we're within two points of Cambrian. We meet them (Cambrian) next Saturday. We've got to play Conestoga first. If we can steal points off our division we'll make the playoffs. We're alright. We've got a good bunch of guys and we have a good team."

Punnett and Pete Lachance scored two goals each for the Knights. Chuck Gunter, Mark Masotti, Joe Covelli, Jason Buote and Murray Kaye had singles. Rob LeMaitre was the winning goaltender.

The other weekend game against Algonquin was a "tough one," said Bassi. "We outshot them early and we outplayed them and then we fell asleep," he said.

Masotti scored two against Algonquin. Lachance and John Anger had one goal apiece.

Niagara's next home game is at the Welland arena on Saturday against Cambrian College at 8 p.m.

Women Olympians preparing for Lillehammer

By LEANN MCHUTCHION
Staff Writer

This is the conclusion to a series of stories on the Canadian women Olympiads competing in the 1994 Winter Olympic Games by the Niagara News.

Athletes from around the world are entering the final stages of preparation for the 1994 Winter Olympic Games at Lillehammer, Norway and Canadian women are no exception.

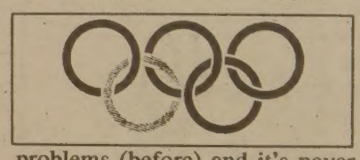
Veteran biathlon star Myriam Bedard became known throughout Canada when she won the country's first Olympic biathlon medal in the 15km event at the 1992 Albertville Games despite the obscurity of her sport.

She captured the 7.5 km championship title at last season's World Championship as well as earning the silver medal from that championship in the 15km biathlon.

Bedard began training in May to reach the peak of her training this February in Lillehammer, the same training schedule she followed last season which allowed her to peak during those championship performances.

"It's a plan that starts in May and culminates in February," said Bedard in a press release from the Canadian Association for the Advancement of Women and Sports and Physical Activity (CAAWS). "Since I was assured of a spot on this year's Olympic team I didn't need to peak early for team trials. So I can follow exactly the same pattern as last year."

Bedard said that despite personal problems with Biathlon Canada and financial problems which saw her in the media spotlight in the off-season, she plans not to let those problems interfere with her performance, "...I've had those types of



problems (before) and it's never affected me in the past. No one can stop me from excelling at the sport I love and I plan to compete until the 1998 Olympics."

The biathlon is a combination of cross country skiing and rifle shooting. The sport was dropped from the Olympics following the Second World War because of a strong anti-military sentiment says the CAAWS, but returned to the Olympics in 1960. The women's biathlon debuted in the 1992 Albertville Games.

After reconstructive knee surgery during the summer 25-year-old Kathy Salmon knows that she is unlikely to win a medal in Lillehammer but feels confident she will place in the top 12 of the Luge event because the Olympic track suits her style.

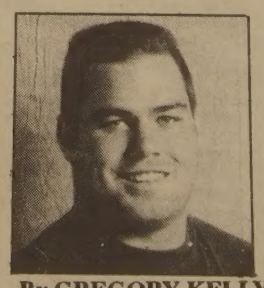
"I really like the Olympic track," said Salmon. "It's very aerodynamic which means that you have to lie very flat on your back and be very precise along the curves. It's a long track and there's a lot of technique involved."

The luge is one of the most dangerous sports in the world, said the Canadian Olympic Association. The track for the luge event is 700m long on a 10 per cent gradient. The sled can reach speeds of up to 150km/h. The sled is not equipped with steering or breaking devices, lugers steer the sled with slight shifts of their body weight, making this a very dangerous sport.

Canadian women earned seven medals at the 1992 Albertville Games and the chances of this years' Canadian Olympians winning as many medals as the last Winter Games is very positive according to the CAAWS.

Opening ceremonies for the 1994 Lillehammer Games are scheduled for Feb. 12 with the games beginning Feb. 13.

Buffalo's Super Bowl loss sadly predict-a-Bill



By GREGORY KELLY
Staff Writer

Don't believe there is any truth to the rumors of Thurman Thomas' demise.

Unfortunately for Buffalo, their football Bills made it to the Super Bowl for a fourth consecutive year and, sticking to the consistency theory, the outcome was sadly predictable.

First and foremost let's lay the cards on the table. The Buffalo Bills are possibly the greatest football team never to win a championship. They have appeared in the Super Bowl more times in a row, more than any other professional sports team has consequtively appeared in any league championship ever.

But who cares. Nobody cares about second place as long as they cover the Vegas line and the Bills couldn't even do that.

You really can understand that Buffalo fans are hurting. After all, there is nothing like the present to forget the past. Sunday at half-time the present held a glorious future for Buffalo and their fans. Then Thurman Thomas fumbled the ball and history repeated itself.

The fact the Bills lost is nothing to be ashamed of especially considering the Dallas Cowboys are a superior team at almost every position. Coaching is one of the few spots they are equal. However, the coach can't run, pass or tackle and to win you have to excel at those parts of the game.

Now there will be calls for the Bills to rebuild, trade Jim Kelly, shoot Thurman Thomas and probably sit out the next NFL season.

Unfortunately the Bills are still the premier franchise in the AFC and the chance of them 'Going for 5 in 95' is a definite possibility. Of course, they'll have to stop the three-peat attempt by Dallas, and if the consistency theory holds any strength, I'll take the Cowboys by 15.

Picture speaks a thousand words

By TINA YOUNG
Staff Writer

From Queen Elizabeth II to Richard Nixon, Cec Mitchell has shot them all.

As chief staff photographer for Thomson Newspaper's Welland Tribune, Mitchell has been for the past 44 years at the working end of a camera lens.

During high school, Mitchell worked with a photographer from the Galt newspaper shooting weddings and graduations. After high school the newspaper asked him to work for them.

In 1952 he started at the Welland Tribune with no college experience. "At that time, most people were going directly into the field," he said.

To stay at a job in the same city as long as he has is "incredible," said Jim Middleton, managing editor of the Welland Tribune.

One of the biggest events Mitchell covered was the collapse of the Shoal Koff power plant in Niagara Falls on the north side of the Rainbow Bridge. "If you look at the American side there are ruins that used to be the power plant," said Mitchell. Damage estimates in 1956 totalled $100 million.

In 1963, Mitchell was off to Buffalo, N.Y., to catch a glimpse of John F. Kennedy and Richard Nixon. "It was an interesting situation there, you take your pictures first and think of everything later."

Mitchell remembers all the photographers climbing onto a table at the same time to get a picture of Kennedy and Nixon. "The table proceeded to collapse," he chuckled.

Mitchell took his first picture of a public personality in 1951 when he worked at the Galt newspaper. The photograph was of the Queen Mother and he has since taken her picture on several occasions.

He also had the opportunity to take pictures of noted British author Malcolm Muggeridge when he visited Canada.

With the exception of former Canadian prime minister Kim Campbell, Mitchell has covered every prime minister since he started in news photography. To Mitchell, his favorite prime minister to photograph was John Diefenbaker. "I always liked Diefenbaker, he had a very expressive face."

"They used my pictures on the [news]wire, both the American Press and Canadian Press, when the Maple Leaf Mill in Port Colborne burnt down," said Mitchell proudly.

When the Port Robinson bridge disaster occurred, Mitchell was on the scene to cover the catastophe.

Asked if he had any bad experiences with his camera or film, he said, "show me a photographer that hasn't."

Mitchell relates how he was assigned to cover the Welland mayor at his headquarters. When he got to the office, he realized the film hadn't properly fed through the camera. "I had to go back and chase him around the party and take pictures."

"Show me a photographer that never made a mistake and I'll show you a liar," he said.

Being at the Tribune for 44 years Mitchell has learned a few lessons. He has learned to get along with people even if he doesn't agree with the picture's subject. "Keep your biases out of it," he said.

Mitchell said he has had complaints about pictures he has taken. "It's the story of your life, be diplomatic as possible with the person."

Kevin Argue, 35, of St. Catharines, a freelance photographer for the Toronto Star, said Mitchell is a tremendously talented photographer. Argue said Bob Chambers, now a commercial photographer for the Hamilton Spectator, and Douglas Kirkland, from Fort Erie, now a Hollywood celebrity superstar photographer, owe their careers to Mitchell. "He helped many photographers to bigger and better things," said Argue.

Mitchell said he tries to talk people into having their picture taken. "Sometimes it's impossible," said Mitchell.

If Mitchell thinks one of his pictures is good and it isn't chosen he will object. "I'll fight. Today there's a strong push in the newsfield to try to get more photographers to move into the management and editors' line." This is because editors have come through the writing field, he said.

To work your way up the ladder, Mitchell suggests young photographers assemble a good portfolio and when a job offer comes up submit your portfolio.

"It's a matter of doing a good job and plugging till you get the break you want," he said.

A good photo-journalist has to be "able to focus in on the pictures that tell the story best." To get a good picture of children you have to get down to their level, said Mitchell.

"I spend more time laying on the floor in nursery schools because that's where I shoot from, floor level."

Mitchell covered the funeral of Kristen French, the St. Catharines teenager who was brutally murdered in April 1992. He says the best way to handle this type of situation is to cover up your feelings. "You shoot what you see," he said, adding, "You're not unfeeling, you have to learn how to suppress your feelings."

Mitchell has covered all situations from funerals to accidents to burn victims.

He relates to a case in Ohio where a photographer went to an accident site and photographed a fatal accident. It wasn't until he developed the film, and made a print that he realized one of the accident victims was his son. "It hadn't even registered at the time he was taking the picture."

In the darkroom of the Welland Tribune, Cec Mitchell, photo-journalist studies negatives to be printed.
Photo by Tina Young

Mitchell, 63, has been married for 37 years. Laughing, he says his wife wonders why she's still married because he spends more time at work than at home.

"I have a good and supportive wife and she's managed to keep it up," said Mitchell.

Middleton praises Mitchell's work. "It's excellent. He gets the job done." His best attribute is how he responds to challenges, Middleton said.

Mitchell created a photo tabloid depicting Welland's hospitals, schools, and businesses starting early in the morning and going through the day. It was the best display of photo-journalism that Welland has ever seen in the paper, said Middleton.

Mitchell said his retirement is slated for two years from this month. "The feeling today is to let the younger people move up," he said. He said he'd have no problem doing freelance work for The Tribune after he retires.

"I'll always keep my finger in one way or another," he laughed.

Niagara 'very friendly'

By AMY NEILANDS
By Staff Writer

Liew Shen misses the warm weather of his homeland.

Shen, 24, finds Niagara College to be "very friendly and a quiet place to study" but he misses his home country of Malaysia.

Shen has been studying in Canada for five years. In January 1988, he moved from Malaysia to Hamilton to receive his Ontario Academic Credits at Columbia International College.

In 1990, Shen began his studies at Niagara. For one year he was in the English as a Second Language program. Now he is enrolled in the Business Administration-Operations Management program.

Shen decided to stay in Canada, on a student visa, for college because it is "very hard for Chinese people to get into university in Malaysia."

"They offer school to the Malay first," he said.

When Shen first arrived in Canada, he found it hard to communicate in school. He was taught English in Malaysia but he said Canadian English is more Americanized than the British style he was taught.

Shen also speaks Chinese, Malay, and Canotonese.

Shen has travelled to Canada and throughout Western Europe. His favorite spot he said is London, England. He said he likes the old style of houses and the environment.

He also likes Italy, especially Rome. He would like to visit it more often.

Despite the cold weather, Shen said he likes Canada and its friendly people but misses his family in Malaysia and its warm climate.

When Shen graduates in 1995, he wants to move back to Malaysia. He said that he doesn't like the weather here.

"It is warm all year in Malaysia," he said.

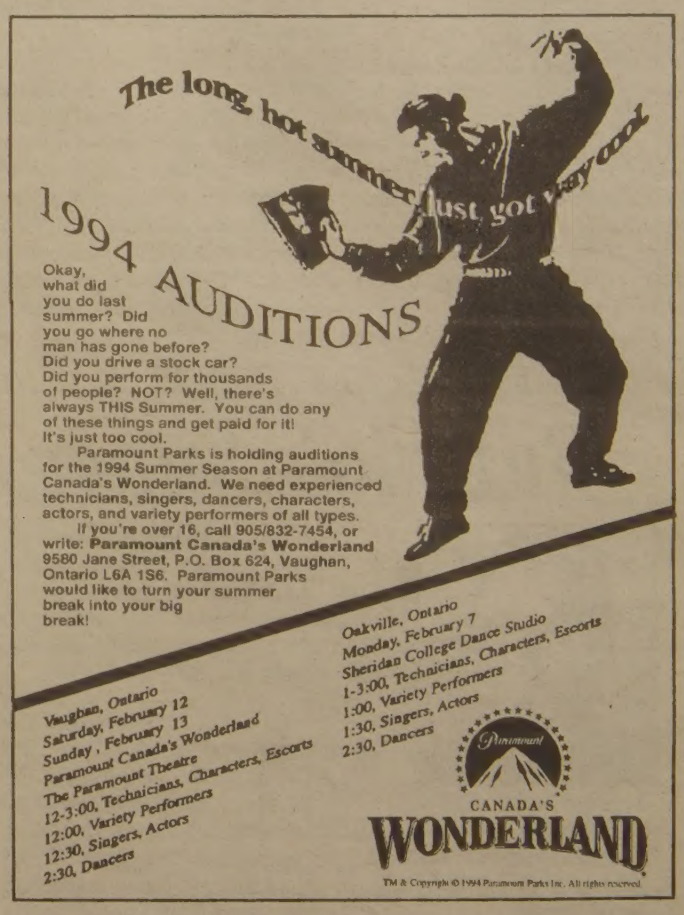
Malaysia, with 18 million people, is located in southeastern Asia. To the south is Singapore and to the north is Thailand. Malaysia is a multi-cultural country but the three major cultures are Malay, Chinese, and Indian.

Malaysia became a British colony in the 18th Century. In 1957, they became independent. They still use many of the British systems such as government and education.

Because Malaysia is a multi-cultural country, the government acknowledges each culture and their religion. As a student, said Shen, about half the year is spent in school while the rest is off for religious and school holidays.

Freedom of religion is strongly stressed in Malaysia, said Shen.

"If you don't have freedom of religion, you don't have freedom at all," he said.


The long, hot summer just got way cool
1994 AUDITIONS
Okay, what did you do last summer? Did you go where no man has gone before? Did you drive a stock car? Did you perform for thousands of people? NOT? Well, there's always THIS Summer. You can do any of these things and get paid for it! It's just too cool.
Paramount Parks is holding auditions for the 1994 Summer Season at Paramount Canada's Wonderland. We need experienced technicians, singers, dancers, characters, actors, and variety performers of all types.
If you're over 16, call 905/832-7454, or write: Paramount Canada's Wonderland 9580 Jane Street, P.O. Box 624, Vaughan, Ontario L6A 1S6. Paramount Parks would like to turn your summer break into your big break!
Vaughan, Ontario
Saturday, February 12
Sunday, February 13
Paramount Canada's Wonderland
The Paramount Theatre
12-3:00, Technicians, Characters, Escorts
12:00, Variety Performers
12:30, Singers, Actors
2:30, Dancers
Oakville, Ontario
Monday, February 7
Sheridan College Dance Studio
1-3:00, Technicians, Characters, Escorts
1:00, Variety Performers
1:30, Singers, Actors
2:30, Dancers
Paramount
CANADA'S
WONDERLAND
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Transcendental meditation focuses on health

By JENN SHERIDAN
Staff Writer

Concerned students questioned the motives of Maharishi Mahesh Yogi and Transcendental Meditation (TM) in the Hamilton Room of Niagara College on Jan. 24.

Cynthia Marchand, a TM teacher and former Sunday-school teacher, distributed flyers and presented a 30-minute video explaining TM as "a simple, natural, easily-learned technique practiced 15 to 20 minutes, twice daily, while sitting comfortably in a chair with the eyes closed."

Flyers and the video said TM increases "creativity, intelligence, energy and learning ability" and promotes "health and longevity." Positive heath effects include decreases in stress, blood pressure and cholesterol levels which "slow down the aging process... causing people to be up to 15 years lower than their biological age."

Dawn Swayze, a first-year Journalism-Print program student questioned the physical results of practicing TM.

"How do people know decreases in blood pressure and insomnia are strictly a result of TM?" she asked.

Marchand said an accountant with insomnia, who hadn't slept for months, fell asleep in her office after she taught him the TM technique. Marchand also said her husband John, while studying science at the University of Waterloo, went from being a C student to an A student after practicing TM.

"This was validation (that TM worked) from my own experience with another individual who practiced TM," said Marchand, who is one of three million people practicing TM.

Marchand said over the past 17 years, 160 independent universities and research institutions, from 27 countries, have published more than 300 TM papers and documents in major scientific journals including: Scientific American, the International Journal of Neuroscience and the Journal of the Canadian Medical Association.

Marchand said she was not "scientifically minded" and invited students to read scientific research she brought to the lecture.

Swayze also questioned why the encyclopedia Britannica names the founder of TM as R. W. Emerson (1836), while the flyers and video state the founder as the Maharishi.

Marchand said "I would have to get that information before I could give an answer."

Michael Wales, a first-year Journalism-Print student, was among other students who questioned why the Maharishi, who is said to be worth $3-5 billion, did not offer the course free.

Marchand said she "did not know" the Maharishi's worth and would "research any questions" she could not answer, offering to take names and phone numbers of students.

Although a sparse audience remained for the entire TM lecture, on what Marchand explained as "a step towards world peace."

"Hard economic times make it difficult for students to understand that the $225 course is quite inexpensive," said Marchand. "You can't put a price on something that last a lifetime."

Students interested in obtaining TM information or attending a second lecture can call Marchand at (905) 468-7836.

"All I know is that TM works," said Marchand. "You do less and accomplish more."

Kids benefit from supermarket spending spree coupons

By DANIELLE MEVILLE
Staff Writer

Buying groceries these days does more than just feed your family.

On Feb. 7, 8 and 9, more than 2.5 million Cash For Kids Coupon Books will be delivered to Ontario homes.

The Charitable Foundation of the Ontario Grocery Industry (GIFT) was founded in 1979. The registered charity represents the full link between retailers, distributors, manufacturers and food brokers.

GIFT was created to help aid specialty challenged children. So far, GIFT has raised more than $11 million.

The Cash For Kids Coupon Program is the most successful program GIFT has conducted. It "enables participants in the grocery industry to sponsor coupons for consumers to use towards the purchase of a wide range of grocery and food items," says a press release from GIFT.

Each time a coupon is used, 15 cents is donated by the product sponsor. The donations are distributed to the many causes GIFT aids.

The coupon book contains more than 70 coupons and can be used on household products such as Kellog's Mini Wheats, Jell-o, Black Diamond Cheestrings, and Kraft Light peanut butter.

"This year's target for the program is set at an ambitious $1 million and we are really counting on the support of the grocery industry and consumers provincewide to help us achieve our goal for our special kids," said Gift Foundation chairman Jack Scott, president and general manager of Oshawa Foods.

Recipients of the funds include the Bob Rumball School for the Deaf, Track Three Skiing for the Disadvantaged, The Kid's Help Foundation, The Children's Hospital of Eastern Ontario and The Children's Hospital of Western Ontario.

HOP INTO THE SAC

(Student Administrative Council)

THIS WEEK'S COMING EVENTS:

• OPEN MIC •
AFTER HOURS
OPEN MIC
Tues. Feb. 15 at 2p.m.
People with material still needed. Registration and admission FREE!

•Entertainment•
Tuesday, Feb. 8 - 1p.m.
MIKE SOMETHING!?
Hours and hours of music, fun and SOMETHING else...(hic)

•CLASS REP•
MEETINGS
Elect your student reps to sit on SAC
Feb. 8 ME-206 12:30 &
Feb. 10 S-105B 12:30

•SPORTS•
Men's Basketball-
Fanshawe at Niagara, Feb. 8, 7:30
St. Clair at Niagara
Fri., Feb. 11 at 7 p.m.
Hockey -
Cambrian at Niagara in the Welland Arena
Saturday, Feb. 5 at 8 p.m.

•WINTERCOURSE•
Feb. 14-18
The best winter carnival in the Niagara Region!
Space for teams is filling up quick, so sign up in the SAC office **NOW!!**

•SABRES• EXCURSION
Friday Feb. 18,
$21 includes bus
SABRES
vrs
PANTHERS
Sign up in the
SAC office

WINTER PUB, Feb. 17 in After Hours!!
Doors open at 8 p.m.

SAC...WHAT CAN WE DO FOR YOU??

Midwifery: rewarding career choice or just a hobby

By PEGGY TEDDER
Staff Writer

Midwifery is one of the oldest professions known to human civilization.

One that is largely unrecognized, yet it gives the experience of childbirth back to its rightful owners - women and their families. As of Dec. 31, 1993, midwifery as a profession is a viable option for graduates of the Niagara College's Health Science Preparatory program.

The Midwifery Act, proclaimed Dec. 31, authorizes midwives as primary caregivers for women with low-risk pregnancies. They must be registered with the College of Midwives to practise legally in Ontario.

Before the law was enacted, women paid for midwifery care themselves. Ontario's health care system is now responsible for the cost.

A midwife gives the necessary supervision, care and advice to women during pregnancy, labor and the post-partum period. She conducts deliveries on her own responsibility, and cares for the newborn infant. This care includes preventative measures, the detection of abnormal conditions in mother and child and the execution of emergency measures in the absence of medical help. She has an important task in counselling and education, not only for women and their families, but also within the community.

Ten years ago only a few lay midwives were practicing their profession in Ontario, well out of the public eye for fear of prosecution. These women were trained in other countries. Midwives have been struggling for legal status for a long time.

The Government Task Force on the Implementation of Midwifery in Ontario was formed in 1986 to begin the process of implementing midwifery. The goal of the task force finally achieved, midwives are now able to work as primary caregivers with a clearly defined scope of practice and responsibility within the birthing team.

Lorraine Klodnicki, 28, set her sights on midwifery as a career eight years ago. She plans to apply to the Health Science Preparatory program in the fall of 1994 and use it as a stepping stone to her goal.

"Midwifery promotes the return of a standard of care which is characterized by strong personal interaction, trust, compassion and continuity. Her role as advocate and educator, together with an understanding of the physical, emotional and social aspects of reproduction, has become even more essential as reproductive technology increases. Her knowledge of the normal birth process, and the risks and benefits of procedures and tests will be vital resources to parents in the future," said Klodnicki.

Midwives will be performing their duties in a variety of settings, such as hospital obstetrical units, birth centres, homes, maternity clinics and community health centres. In all of these settings, the midwife works as a primary caregiver and as a member of the health care team.

"I think it is a good thing, three girls currently registered in our program are applying for midwifery. I feel it gives a lot more personal attention to the patient, rather than the doctor taking the patient through the process and not always being available for the birth. It will also save a lot of money," said Robert Hurl, co-ordinator, health science preparatory course.

Knights fight for playoff spot

By STUART MCDONALD
Staff Writer

The Niagara Knights hockey team will battle for their playoff lives this weekend at the Welland Arena.

The Knights are fighting Sudbury's Cambrian College for the third and final playoff spot in the tough Costello division and they play Cambrian on Saturday at 8 p.m.

With a record of 5-4-2, the Knights should have earned a playoff berth already; however, the Ontario Colleges Athletic Association's two divisions are miles apart in talent. The four Parker division teams had a combined record of 9-23-1 at one point.

The Costello division's last place team would be in first place if it moved into the Parker right now. No matter. The Knights have to work with what they have, and what they have is a tough division.

One thing in the Knights' favor is a recent rash of Cambrian injuries and suspensions. Seven Cambrian players are unable to play for a month because they are academically ineligible. Their grade point average is below the 1.5 required to play varsity sports.

Cambrian coach Doug Bonhomme tried to combat the problem by recruiting four more players over the Christmas break. Unfortunately for Cambrian, two of the new players, Terry Kutchke and Terry Bigelow, were involved in a recent car accident. Kutchke has a broken leg, Bigelow is on crutches and neither will make the trip to Welland on Saturday.

Other injured Cambrian players include Corey King, James Chaput and former Jr. A goalie Rob Fournier, who broke his collarbone Jan. 22 against St. Lawrence College.

If you add injuries and suspensions, Cambrian will be without 12 players this Saturday and that bodes well for the Knights.

Despite losing 8-5 to Cambrian earlier this season, the Knights' big defencemen should wear out Cambrian's forwards who will play with only two lines.

With only five games to go, the Knights could almost clinch a playoff spot with a win this weekend.

Don't forget to read
next week's

NIAGARA NEWS

for information about the
upcoming Election
to select
STUDENT AND
ADMINISTRATIVE
STAFF
REPRESENTATIVE
to sit on

NIAGARA COLLEGE'S
BOARD OF GOVERNORS.

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DiMattio said "knowing full well that SAC would be pretty much depleted," she forwarded letters to Margeson, Newton and Lowe regarding their marks on Jan. 5. The letter stated they were ineligible to hold positions as outlined in the constitution and suggested they consider peer tutoring or counselling.

Margeson and Lowe signed academic contracts stipulating they would maintain a flawless academic performance but they never went into effect. Lowe said it was his belief that the contract ensured he would remain on council providing all conditions were met.

Carol Boettcher, vice-president student life and human resources, said because the contracts had not been approved by SAC's board of directors before they were signed they were invalid. The board oversees issues concerning SAC policies and procedures.

DiMattio said she believed the students were upset and wanted to point the finger at someone else. She said the removed members should have a personal "inner-reflection" to the situation.

PLAN continued from page 1

pus and will be bordered by Rice and Woodlawn roads and Chippawayan Boulevard. The Ontario government has already made $1 million available for construction of the new day-care centre, which should cover the costs of construction.

Hennepin Hall will possibly be made into a Recreation Centre, in concert with the Welland YMCA.

A Student Residence is expected to be under consrtuction this spring and will be built on the north west corner of Welland campus, facing Rice Road. The residence is expected to be completed by January 1995. The Student Residence will be built by Armenti Brothers Construction, on college-leased land, and operated by a private contractor for 30 years.

The rest of the buildings are expected to be constructed as funds become available, van der Slagt said.

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